

## Week of October 11, 2025

### Alkalign with Erin Paruszewski

### Therapeutic Yoga with Stacey Felice

### Trail Running with Donnie & Tom Flahavan

Stay **Flexible**, in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a **balance** when considering the many options for movement, nutrition, relaxation, entertainment, and learning.

Keep in **mind** a few guidelines for the week:

- We are a "**digital noise-free environment**". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.
- "**Progressive**" classes are a continuum over several days. Your knowledge of that particular discipline and your fitness Level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- **Sign-ups for classes** are posted on the Main Lounge clipboards.
- **Proper footwear is essential**: hiking boots with lugs for our hikes, court shoes for Pickleball and Tennis, and close-toed shoes for our strength classes are strongly recommended.
- **Classes are on a 1st come; 1st served** based on equipment availability.
- **Classes and activities begin on time and last 45 minutes** unless noted otherwise.
- **Level 2 classes are an advanced difficulty level**; previous experience with the format is essential to your safety and guest experience. Please choose a Fundamentals / Level 1 option if you are new to a discipline.

## SATURDAY | OCTOBER 11

- 6:15  Mountain Hike: Professor's Trail Advanced, 3.3 Miles, Gazebo  
 6:45  Lowlands Hike: Woodlands Trail 2 Miles, Gazebo  
 9:00  Mobility: Stretch Pinetree  
 10:00  Meditation Oaktree  
      Strength: Circuit Training Azteca  
 11:00  Pickleball Open Play, unstaffed, please use proper footwear.  
      Pickleball Courts  
      Yoga: All Levels Kuchumaa  
 12:00  Strength: Full Body All Levels Olmeca  
 1:00  Fitness Concierge (30 Min) Dining Hall  
 2:00  Sound Healing Oaktree  
 3:00  Mobility: Stretch Pinetree  
 5:00  Ranch Tour (Recommended for first time guests) Gazebo  
      Returning Guest Update Tolteca  
 5:30  First Time Guest Orientation Olmeca  
 6:45  Meet the Presenters Dining Hall  
 7:30  Movie: The Upside Library Lounge  
 8:00  Candlelight Sound Bath with Monique Mead & Tino Cárdenes  
      Oaktree

Meal Hours: Saturday		Available Facilities*
Breakfast	7:00 am to 9:00 am	*when no class is in session
Lunch	11:30 am to 3:30 pm	
Dinner	5:30 pm to 7:30 pm	
<b>Meal Hours: Sunday- Friday</b>		
Breakfast		7:30 am to 9:00 am
Lunch		12:00 pm to 1:30 pm
Dinner		5:30 pm to 7:30 pm
<b>Snack Times: Sunday- Friday</b>		
Fruit		10:30 am Main Lounge
Smoothies		2:45 pm Juice Bar
Veggies/Juice		4:30 pm Main Lounge
<b>Bazar Del Sol: Saturday- Friday</b>		
6:00 am to 9:00 pm		
<b>Juice Bar: Sunday- Friday</b>		
9:00 am to 12:00 pm & 1:00 pm 4:00 pm		

## SUNDAY | OCTOBER 12

*Class spaces are limited to first come first served.*

- 6:10  Specialty: Trail Run - Quail Lowlands with Donnie & Tom Flahavan  
 Main Lounge  
 6:15  Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo  
 6:30  Mountain Hike: Alex's Oak Trail Moderate 2 Miles, Gazebo  
      Tai Chi (60 Min) (Su,W) Montaña  
 6:45  Lowlands Hike: Woodlands Trail 2 Miles, Gazebo  
 7:00  Bird Walk (60 min) Gazebo  
 8:15  Ranch Tour and Orientation (For 1<sup>st</sup> time guests)  
      Dining Hall Main Entrance  
      Fitness Concierge (30 Min) Dining Hall  
 9:00  Specialty: Align with Erin Paruszewski (Su,T,Th) Olmeca  
      Meditation (Su-F) Oaktree  
      Mobility: Stretch (Su-F) Montaña  
      Pickleball Clinic: Beginners (Su-F) Pickleball Courts  
      Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree  
      Strength: Circuit Training (M,W,F) Azteca  
      Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts  
 10:00  Specialty: Basic Run Form Clinic with Donnie & Tom Flahavan  
      Meet at Running Track  
      Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity Pool  
      Dance: Cardio Hip Hop Bodyrock Kuchumaa  
      Pickleball Clinic: Intermediate (Su-F) Pickleball Courts  
      Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree  
      Strength: Introduction to Circuit Training Azteca  
 11:00  Specialty: Therapeutic Yoga Trust the Flow (75 Min) with Stacey Felice  
      Montaña  
      Aquatic: Deep Water (M,W,F) Activity Pool  
      Cardio: Mini Trampoline Balance and Core (M,F) Kuchumaa  
      Longevity: Cardio Zone 2 Training (on the bike) Pai Pai  
      Pilates: Reformer Level 1 (Su,F) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Strength & Cardio: TRX HIIT Level 2 Advanced (M,Th) Pinetree  
      Nature Walk with Rob Larson (60 Min) Meet at Gazebo  
      Drawing with Jennifer (2 hrs), Art Studio  
 1:00  Your Body is Talking. Are You Listening? with Jonelle  
      Rutkauskas, HHP, RCST Library Lounge  
      Food for Thought! Connecting the Brain, Gut, Genes, Diet, & Microbes, with Joe Weiss, MD, FACP, FACG, AGAF Olmeca  
 2:00  Aqua Groove Cardio Pool Party (Shallow Water) (M,W) Activity Pool  
      Mobility & Corrective: Postural Awareness (M,Th) Tolteca  
      Mobility: TRX Flexibility (M,W) Pinetree  
      Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo  
      Pilates: Reformer Jumpboard. Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (M,W,F) Kuchumaa  
      The 5 Essential Elements of True Transformation: Finding Your Inner Compass (An Exploration of Truth), with Julie Lopez, PhD Pilates Gym  
      Watercolor with Jennifer (2 hrs), Art Studio  
      Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge  
 3:00  Cardio: HIIT Azteca  
      Longevity: Dynamic Mobility (M,W) Olmeca  
      Pilates: Tower Level 1 Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Sound Healing (Su-F) Oaktree  
      Strength: TRX Full Body Express (30 min) (M,Th) Pinetree  
      Yoga Workshop: Happy Hips & Low Back Montaña  
 4:00  Specialty: Recharge with Erin Paruszewski (M,W,F) Please wear socks. Olmeca  
      Chant: Sacred Sound Practice (M,W) Milagro  
      From Chaos to Flourishing: Workshop with Karen Buckley Pilates Gym  
 5:00  Guest Reception: Sangria & Guacamole. Jazz piano with Tino Cárdenes Bazar del Sol  
 6:15  Silent Dinner Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)  
 7:30  Movie: Conclave Library Lounge  
 8:00  Bingo & Games with Barry! Olmeca  
 Love and Wisdom in Times of Change, with Karen Buckley Olmeca

## MONDAY | OCTOBER 13

*Class spaces are limited to first come first served.*

- 6:10  Specialty: Trail Run - Professor's with Donnie & Tom Flahavan  
 Main Lounge  
 6:15  Mountain Hike: Professor's Trail Advanced, 3.3 Miles, Gazebo  
 6:20  Ruck: Weighted Hiking Intermediate, Sign up, 2 Miles, Gazebo  
 6:30  Meditation Hike: Dove Trail 1.2 Miles, Gazebo  
 6:45  Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo  
 9:00  Specialty: Build with Erin Paruszewski (M,W,F) Olmeca  
      Meditation (Su-F) Oaktree  
      Mobility: Stretch (Su-F) Montaña  
      Pickleball Clinic: Beginners (Su-F) Pickleball Courts  
      Pilates: Mat Foundations – Flexion (Su-F) Pinetree  
      Strength: Circuit Training (M,W,F) Azteca  
      Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts  
 10:00  Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool  
      Barre (M,W,F) Pinetree  
      Cardio: Ranch Ropes HIIT (30 Min) (M,F) Olmeca  
      Dance: Country Line (M,W) Kuchumaa  
      Pickleball Clinic: Intermediate (Su-F) Pickleball Courts  
      Strength: Circuit Training (M-F) Azteca  
      Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts  
      Yoga: Vinyasa Slow Flow Level 2 Advanced (Su-F) Montaña  
 11:00  Specialty: Therapeutic Yoga Trust the Flow (75 Min) with Stacey Felice  
      Montaña  
      Aquatic: Deep Water (M,W,F) Activity Pool  
      Cardio: Mini Trampoline Balance and Core (M,F) Kuchumaa  
      Longevity: Cardio Zone 2 Training (on the bike) Pai Pai  
      Pilates: Reformer Level 1 (Su,F) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Strength & Cardio: TRX HIIT Level 2 Advanced (M,Th) Pinetree  
      Nature Walk with Rob Larson (60 Min) Meet at Gazebo  
      Drawing with Jennifer (2 hrs), Art Studio  
 1:00  Your Body is Talking. Are You Listening? with Jonelle  
      Rutkauskas, HHP, RCST Library Lounge  
      Food for Thought! Connecting the Brain, Gut, Genes, Diet, & Microbes, with Joe Weiss, MD, FACP, FACG, AGAF Olmeca  
 2:00  Aqua Groove Cardio Pool Party (Shallow Water) (M,W) Activity Pool  
      Mobility & Corrective: Postural Awareness (M,Th) Tolteca  
      Mobility: TRX Flexibility (M,W) Pinetree  
      Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo  
      Pilates: Reformer Jumpboard. Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (M,W,F) Kuchumaa  
      The 5 Essential Elements of True Transformation: Finding Your Inner Compass (An Exploration of Truth), with Julie Lopez, PhD Pilates Gym  
      Watercolor with Jennifer (2 hrs), Art Studio  
      Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge  
 3:00  Cardio: HIIT Azteca  
      Longevity: Dynamic Mobility (M,W) Olmeca  
      Pilates: Tower Level 1 Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Sound Healing (Su-F) Oaktree  
      Strength: TRX Full Body Express (30 min) (M,Th) Pinetree  
      Yoga Workshop: Happy Hips & Low Back Montaña  
 4:00  Specialty: Recharge with Erin Paruszewski (M,W,F) Please wear socks. Olmeca  
      Chant: Sacred Sound Practice (M,W) Milagro  
      From Chaos to Flourishing: Workshop with Karen Buckley Pilates Gym  
 5:00  Guest Reception: Sangria & Guacamole. Jazz piano with Tino Cárdenes Bazar del Sol  
 6:15  Silent Dinner Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)  
 7:30  Movie: Conclave Library Lounge  
 8:00  Bingo & Games with Barry! Olmeca  
 Love and Wisdom in Times of Change, with Karen Buckley Olmeca

## TUESDAY | OCTOBER 14

*Class spaces are limited to first come first served.*

- 6:05  Organic Garden Breakfast Hike 4 Miles, Sign up with Concierge for hike/van. Meet at Gazebo \* Option: Tour to Professor Park / RLP Foundation; \* Van transportation available, departs at 6:45 from Admin Bldg. Back by 9am.  
 6:10  Specialty: Trail Run - Coyote with Donnie & Tom Flahavan \* 5.5 mile and 4 mile options available . Main Lounge  
 6:15  Mountain Hike: Coyote Trail Advanced, 5.5 or 4 Miles, Gazebo  
 6:30  Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña  
 6:45  Lowlands Hike: Woodlands Trail Moderate, 2 Miles, Gazebo  
 7:00  Bird Walk (60 Min) Gazebo  
 9:00  Specialty: Align with Erin Paruszewski (Su,T,Th) Olmeca  
      Cardio & Strength: Interval Muscle Blast (T,Th) Azteca  
      Meditation (Su-F) Oaktree  
      Mobility: Stretch (Su-F) Montaña  
      Pickleball Clinic: Beginners (Su-F) Pickleball Courts  
      Pilates: Mat Foundations - Extension (Su-F) Pinetree  
 10:00  Specialty: Hill Climbing and Descending Clinic with Donnie & Tom Flahavan Meet at Running Track  
      Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity Pool  
      Dance: Broadway Kuchumaa  
      Longevity: Strength Training (T,Th) Olmeca  
      Pickleball Clinic: Intermediate (Su-F) Pickleball Courts  
      Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree  
      Strength: Circuit Training (M-F) Azteca  
      Yoga: Vinyasa Slow Flow Level 2 Advanced (Su-F) Montaña  
 11:00  Specialty: Therapeutic Yoga Nervous System Balance (75 Min) with Stacey Felice Montaña  
      Specialty: Cardio with Erin Paruszewski (T,Th) Olmeca  
      Aquatic: Shallow Water (Su,T,Th) Activity Pool  
      Cardio: Cycle Express (30 Min) Pai Pai  
      Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivian Mercado. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.  
      The Menopause Transition Part 1, with Amanda P. Williams, MD, MPH, FACOG Library Lounge  
      Landscape Sketching with Jennifer (2 hrs) Art Studio  
 1:00  Healthcare in America, Trust but Verify! with Joe Weiss, MD, FACP, FACG, AGAF Olmeca  
      Smoothie Demo by Executive Chef Segundo Romero Juice Bar  
 2:00  Aquatic: Deep Water (Su,T,Th) Activity Pool  
      Mobility & Corrective: Balance & Coordination (T,F) Olmeca  
      Mobility: Strength & Stretch with Stick Mobility (T,Th) Kuchumaa  
      Pilates: Reformer Level 2 Advanced Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      The 5 Essential Elements of True Transformation: Purification & Detoxification, with Julie Lopez, PhD Pilates Gym  
      Watercolor Collage Cards with Jennifer (2 hrs) Art Studio  
 3:00  Pilates: Reformer Level 1 Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo  
      Recovery: Foam Roller (Su,T,Th) Tolteca  
      Sound Healing (Su-F) Oaktree  
      Strength: Upper Body Express (30 Min) (T,F) Olmeca  
      Tai Chi (Su,T,Th) Montaña  
 4:00  Specialty: Inner Journey Guided Meditation with Stacey Felice Oaktree  
      Breathwork (T,Th) Milagro  
      Yoga: Restorative (Su,T,Th) Montaña  
      Living with Loving Awareness: Workshop with Karen Buckley Pilates Gym  
      Hands-On Cooking Classes and Harvesting Mindfulness: A Culinary Journey with Gyll Turteltaub and Head Chef Vivian Mercado. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.  
 5:00  1<sup>st</sup> Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance  
 5:30  Aerial Hammock Sound Bath (Restorative) Sign-up in person required on Monday 12pm in the Gazebo. Limited availability. Kuchumaa  
 7:30  Movie: Mrs. Harris Goes to Paris Library Lounge  
 8:00  "Dances and Romances." Join Monique Mead and Tino Cárdenes for a toe-tapping, heartwarming program featuring tangos, waltzes, jigs, and a hoedown alongside "Tea for Two" and "Fiddler on the Roof." Oaktree

## WEDNESDAY | OCTOBER 15

- 6:05  **Organic Garden Breakfast Hike 4 Miles**, Sign up with Concierge, Gazebo
- 6:15  **Mountain Hike: Pilgrim Trail Advanced**, 3.5 or 4.5 Miles, Gazebo
- 6:30  **Meditation Hike: Rolling Hills 2 Miles**, Gazebo, Gazebo
- Tai Chi (60 Min) (Su,W) Montaña**
- Specialty: Trail Run to Organic Garden with Donnie & Tom Flavahan**  
Sign up for trail run. Main Lounge
- 6:45  **Lowlands Hike: Quail Trail Moderate**, 2 or 2.5 Miles, Gazebo
- 9:00  **Specialty: Build with Erin Paruszewski (M,W,F) Olmeca**
- Meditation (Su-F) Oaktree**
- Mobility: Stretch (Su-F) Montaña**
- Pickleball Clinic: Beginners (Su-F) Pickleball Courts**
- Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree**
- Strength: Circuit Training (M,W,F) Azteca**
- Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts**
- 10:00  **Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool**
- Barre (M,W,F) Pinetree**
- Dance: Country Line (M,W) Kuchumaa**
- Pickleball Clinic: Intermediate (Su-F) Pickleball Courts**
- Strength: Circuit Training (M-F) Azteca**
- Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts**
- Yoga: Vinyasa Slow Flow Level 2 Advanced (Su-F) Montaña**
- Landscape Garden Walk with Enrique Ceballos Gazebo**
- 11:00  **Specialty: Therapeutic Yoga - Inner Fire (75 Min) with Stacey Felice Montaña**
- Aquatic: Deep Water (M,W,F) Activity Pool**
- Cardio: Mini Trampoline Express (30 Min) Kuchumaa**
- Pilates: Reformer Level 2 Advanced (Su,W) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Qi Gong (Su,W,F) Oaktree**
- Strength & Cardio: BOSU® & Battle Ropes Level 2 Advanced Olmeca**
- Nature Walk with Rob Larson (60 Min) Meet at Gazebo**
- The Menopause Transition Part 2, with Amanda P. Williams, MD, MPH, FACOG Library Lounge**
- 1:00  **Laughter is the Best Medicine! with Joe Weiss, MD, FACP, FACC, AGAF Olmeca**
- Friends of Bill W. (12 steps - Participant-guided) Library Lounge**
- 2:00  **Aqua Groove Cardio Pool Party (Shallow Water) (M,W) Activity Pool**
- Lowlands Hike: Woodlands Trail Moderate 2 Miles, Gazebo**
- Mobility: TRX Flexibility (M,W) Pinetree**
- Pilates: Tower Level 1 Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Recovery: Release & Mobilize (Su,W) Oaktree**
- Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (M,W,F) Kuchumaa**
- The 5 Essential Elements of True Transformation: Implementation & Risk Tolerance, with Julie Lopez, PhD Pilates Gym**
- 3:00  **Longevity: Dynamic Mobility (M,W) Olmeca**
- Pilates: Reformer Jumpboard. Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Sound Healing with Violin & Piano Oaktree**
- Strength: Bodyweight Challenge (30 Min) (M,Th) Olmeca**
- Strength: TRX Core (30 Min) (Su,W) Pinetree**
- Yoga Workshop: Rope Wall Montaña**
- Spanish Lessons: Beginners Progressive Library Lounge**
- 4:00  **Specialty: Recharge with Erin Paruszewski (M,W,F) Please wear socks. Olmeca**
- Chant: Sacred Sound Practice (M,W) Milagro**
- Authentic Presence: Workshop with Karen Buckley Pilates Gym**
- Hands-On Cooking Classes and Harvesting Mindfulness: A Culinary Journey with Gyll Turteltaub and Head Chef Vivian Mercado. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.**
- 5:00  **Jazz piano with Tino Cárdenes Bazar del Sol**
- 7:30  **Movie: One Life Library Lounge**
- 8:00  **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences Oaktree**

## THURSDAY | OCTOBER 16

- 6:05  **Organic Garden Breakfast Hike 4 Miles**, Sign up with Concierge for hike/van. Meet at Gazebo \* Option: Tour to Professor Park / RLP Foundation; \* Van transportation available, departs at 6:45 from Admin Bldg. Back by 9am.
- 6:10  **Specialty: Trail Run - Professor's with Donnie & Tom Flavahan** Main Lounge
- Mountain Hike: 7-Mile Breakfast Challenging**, Sign up, Gazebo
- 6:15  **Mountain Hike: Professor's Trail Advanced**, 3.3 Miles, Gazebo
- 6:30  **Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña**
- 6:45  **Lowlands Hike: Woodlands Trail 2 Miles, Gazebo**
- 7:00  **Bird Walk (60 Min) Gazebo**
- 9:00  **Specialty: Align with Erin Paruszewski (Su, T, Th) Olmeca**
- Cardio & Strength: Interval Muscle Blast (T,Th) Azteca**
- Meditation (Su-F) Oaktree**
- Mobility: Stretch (Su-F) Montaña**
- Pickleball Clinic: Beginners (Su-F) Pickleball Courts**
- Pilates: Mat Foundations - Rotation (Su-F) Pinetree**
- 10:00  **Specialty: Hike to Run Transitions Alex Oak with Donnie & Tom Flavahan** Meet at Running Track
- Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity Pool**
- Dance: Cardio Hip Hop 90s Kuchumaa**
- Longevity: Strength Training (T,Th) Olmeca**
- Pickleball Clinic: Intermediate (Su-F) Pickleball Courts**
- Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree**
- Strength: Circuit Training (M-F) Azteca**
- Yoga: Vinyasa Slow Flow Level 2 Advanced (Su-F) Montaña**
- 10:30  **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** Register at Ext.640/625. Return 5:30 pm. Fee \$290. Meet at Admin Bldg.
- 11:00  **Specialty: Therapeutic Yoga - The Inner Teacher (75 Min) with Stacey Felice Montaña**
- Specialty: Cardio with Erin Paruszewski (T,Th) Olmeca**
- Aquatic: Shallow Water (Su,T,Th) Activity Pool**
- Cardio & Strength: Cycle Strength Pai Pai**
- Pilates: Reformer Level 1 (M,Th) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Strength & Cardio: TRX HIIT Level 2 Advanced (M,Th) Pinetree**
- Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo**
- Sex after 60 and everything you wanted to ask your gynecologist Part 1, with Amanda P. Williams, MD, MPH, FACOG Library Lounge**
- 12:00  **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community. Sign up. Dining Hall at the Patio Terrace**
- 12:30  **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00  **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up. Art Kit Fee \$60 + tax, Dining Hall Balcony
- 2:00  **Aquatic: Deep Water (Su,T,Th) Activity Pool**
- Longevity: Lecture - Planning your Home Practice Olmeca**
- Mobility: Strength & Stretch with Stick Mobility (T,Th) Kuchumaa**
- Mobility & Corrective: Postural Awareness (M,Th) Tolteca**
- Pilates: Reformer Level 1 (Su,Th,F) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Strength: Circuit Training Azteca**
- The 5 Essential Elements of True Transformation: The Power of Manifestation, with Julie Lopez, PhD Pilates Gym**
- 3:00  **Longevity: Balance and Mindful Movement Olmeca**
- Pilates: Reformer Level 2 Advanced (Su,Th) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Recovery: Foam Roller (Su,T,Th) Tolteca**
- Sound Healing (Su-F) Oaktree**
- Strength: TRX Full Body Express (30 Min) (M,Th) Pinetree**
- Tai Chi (Su,T,Th) Montaña**
- Spanish Lessons: Beginners Progressive Library Lounge**
- 4:00  **Breathwork (T,Th) Milagro**
- Yoga: Restorative Montaña**
- Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol**
- Boots, Scoot and Sangria. Two stepping never tasted so good!** Emily Lawrence Kuchumaa
- 4:45  **Mindful Matters Dining Experience, with Gyll Turteltaub and Head Chef Vivian Mercado. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.**
- 7:15  **Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30  **Movie: Now You See Me** Library Lounge
- 8:00  **"Seasons of Sound." Monique Mead and Tino Cárdenes** present nature-inspired works from Beethoven's "Spring Sonata" to Mercer's "Autumn Leaves" and Debussy's "Beau Soir." Oaktree

## FRIDAY | OCTOBER 17

- \*Please confirm your transportation at the **Admin Building or Concierge Desk.**
- 6:05  **Organic Garden Breakfast Hike 4 Miles**, \*Sign up, Gazebo \* Option: to stay and work in the Garden with Salvador 8 to 10am will walk to the Garden and Van back to the Ranch (F only).
- 6:10  **Specialty: Trail Run - Coyote\* with Donnie & Tom Flavahan** Main Lounge \*5.5 mile and 4 mile options available.
- 6:15  **Mountain Hike: Coyote Trail Advanced**, 5.5 or 4 Miles, Gazebo
- 6:30  **Meditation Hike: Alex's Oak 2 Miles**, Gazebo
- 6:45  **Lowlands Hike: Quail Trail Moderate**, 2 or 2.5 Miles, Gazebo
- 9:00  **Specialty: Build with Erin Paruszewski (M,W,F) Olmeca**
- Meditation (Su-F) Oaktree**
- Mobility: Stretch (Su-F) Kuchumaa**
- Pickleball Clinic: Beginners (Su-F) Pickleball Courts**
- Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree**
- Strength: Circuit Training (M,W,F) Azteca**
- 10:00  **Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool**
- Barre (M,W,F) Pinetree**
- Cardio: Ranch Ropes HIIT (30 Min) (M,F) Olmeca**
- Dance: Cardio Drumming Kuchumaa**
- Pickleball Clinic: Intermediate (Su-F) Pickleball Courts**
- Strength: Circuit Training (M-F) Azteca**
- Yoga: Vinyasa Slow Flow Level 2 Advanced (Su-F) Montaña**
- 10:30  **Mercado Craft Sale - Casa de los Cirios: Artisanal flavors of Tecate, Ph Cosmetics, Snacks Ph, Lu'um Oils, Wayuu Bags, Crochet Earrings with Diana.** Ongoing until 2pm, Mercado Patio
- 11:00  **Specialty: Therapeutic Yoga - Wisdom (75 Min) with Stacey Felice Montaña**
- Aquatic: Deep Water (M,W,F) Activity Pool**
- Cardio: Mini Trampoline Balance and Core (M,F) Kuchumaa**
- Qi Gong (Su,W,F) Oaktree**
- Strength: BOSU® Fit Olmeca**
- Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio**
- Sex after 60 and everything you wanted to ask your gynecologist Part 2, with Amanda P. Williams, MD, MPH, FACOG Library Lounge**
- 1:00  **Take The Ranch Home: Goal & Intention Setting Tolteca**
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge**
- 2:00  **Mobility & Corrective: Balance & Coordination (T,F) Olmeca**
- Pilates: Reformer Level 1 (Su,Th,F) Sign-up in person required each morning at 8am in Arroyo. Limited availability. Arroyo**
- Yoga: Gentle Aerial Low Hammock\* (M,W,F) \*Please wear socks & long sleeves. Kuchumaa**
- Mandala with Jennifer (60 Min) Art Studio**
- 2:45  **Live Music and Smoothies** Juice Bar
- 3:00  **Sound Healing (Su-F) Oaktree**
- Strength: Upper Body Express (30 Min) (T,F) Olmeca**
- Yoga: Intro to Kundalini Montaña**
- Spanish Lessons: Beginners Progressive Library Lounge**
- 4:00  **Specialty: Recharge with Erin Paruszewski (M,W,F) Please wear socks. Olmeca**
- Inner Journey: Guided Meditation (Su,F) Milagro**
- Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa**
- 5:00  **Jazz piano with Tino Cárdenes** Bazar del Sol
- 6:00  **Live Music with Rancho La Puerta Fiesta Band (2 hrs)** Dining Hall
- 6:15  **Shabbat Ceremony (led by guests)**, Los Olivos

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall